

JULY 2013



City-Wide
Fifty Plus
Recreation for the Fifty-Plus Generation

Lynchburg Parks & Recreation ~ 434-455-5858
www.lynchburgva.gov/parksandrec

Summer Concert Series

Templeton Center

7:00 - 8:30 pm

Open to All Ages. Donations accepted.

AGELESS WONDERS

Celebrate 45 years of performing with a special concert entitled "I Hear America Singing".

Saturday, July 13

Smokey Wilson

Country, gospel sound & old time favorites.

Saturday, August 10

JULY IS NATIONAL PARK AND RECREATION MONTH

Check out the Lynchburg Parks and Recreation website at

www.lynchburgva.gov/parksandrec

We invite you to explore a park, hike a trail or participate in one of the many classes, activities or events. Check the Summer Guide for ideas.

Wisdom at Work:

Resources for the 50+ Job Seeker

A Collaborative Effort by the
Beard Center on Aging at Lynchburg College,
Region 2000 Workforce Investment Board, &
the Virginia Employment Commission

"Wisdom at Work" is a FREE program designed to offer support, job search tips, basic computer training, and other useful information to job seekers ages 50 and over. Topics to be covered during the year will include, but not be limited to: local resources, job hunting tips, surviving unemployment, the computer job search, self-esteem, age discrimination, successful interviewing, resume development, and more.

**July 18 WORKFORCE INVESTMENT ACT:
EMPLOYMENT AND TRAINING SERVICES FOR
OLDER JOB SEEKERS** Deborah Alfors – Region
2000 Workforce Center Manager

**August 15 SENIOR COMMUNITY SERVICE
EMPLOYMENT PROGRAM – GOODWILL OLDER
WORKER PROGRAM** B. Gale Vest – Senior
Community Service Employment Program Director

**September 19 CENTRAL VIRGINIA COMMUNITY
COLLEGE RESOURCES FOR THE OLDER JOB
SEEKER** Ruth Hendrick – Vice President,
Workforce Solutions & Community Education

Times: 9:00 am – 11:00 am

Location: Marsh Memorial United Methodist Church,
20348 Leesville Road, Lynchburg

Save the Date: Oct. 17 & Nov. 21 – Programs TBA

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "RED" throughout the newsletter.*
City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

Classes

Many classes and activities are now open to younger adults, age 18 and over. If there is a particular class or activity of interest to you, call the location listed and find out if space is available.

Live and Learn

\$ Swing Line Dancing- Summer Beach Music of the 60's

Have fun Line Dancing to summer beach music of the 60's. Receive step-by-step instructions and handouts for each dance.

Instructor: Linda Parker

Register and pay by 7/5.

Fee: \$25.00 LR \$17.00

Templeton Senior Center

Activity #: 74100.230

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	7/9- 8/13	7:15 - 8:15 pm

\$ Line Dance Basics

Grab your boots and get your heart rate up for a good cardio workout.

Register and pay one week prior to class. Register by first class.

Instructor: Karen Bridgett

Fee: \$23.00 LR \$15.00

Fairview Center

Activity #: 63300.213

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	7/24-8/28	10:30 - 11:20 am

\$ Lunch & Learn: Services to Remain Independent

Learn some great tips on how to remain safe and independent in your own home. Lunch will be provided.

Register & pay for lunch by 7/19.

Fee \$3.00

Fairview Center

Activity #: 63400.220

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	7/24	11:00 am -12:30 pm

Coming in August...

\$ How to Edit Your Digital Photos

Learn how to edit your digital photos with free photo editing software.

Learn to correct color, change to black and white, add text, touch up images, crop, resize, store photos online and use photos in social media. Optional: bring your own photos on a jump drive to edit.

Instructor: Luann Hunt

Register and pay by 7/31.

Fee: \$30.00 LR \$20.00

Meet at the Information Technology Center, 3550 Young Place.

Activity #: 74000.241

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	8/5	9:00 -11:00 am

\$ Adult Ballet for Flexibility

Stay in shape through the art of classical ballet! Work on flexibility, dance terminology, dance technique, and musicality.

No class on 9/2.

Register and pay by 8/1.

Instructor: Arielle Bielicki

Fee: \$60.00 LR \$45.00

Templeton Senior Center

Activity #: 74101.310

<u>Days</u>	<u>Dates</u>	<u>Time</u>
M	8/5-9/16	6:00 - 7:30 pm

Getting Paid to Talk - Voice Acting

Learn all about voice acting used in commercials, audio books, documentaries, animation, and training materials. Listen to demos from working professionals then read and record a script with a producer's direction.

Instructor: Voice Coaches Staff

Register and pay by 8/2.

Fee: \$18.00 LR \$12.00

Templeton Senior Center

Activity #: 73004.240

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	8/6	6:00 - 8:30 pm

ART CLASSES

\$ Painting Made Easy

Improve your painting skills as you learn the step by step basics of stroke work, shading and mixing acrylics. Students should bring basic acrylic brushes, preferably flat topped brushes of various sizes.

All other supplies furnished.

Instructor: Betty Leary

Register and pay by 7/3.

Fee: \$45.00 LR \$30.00

Templeton Senior Center

Activity #: 73004.231

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Tu	7/9-7/30	6:30 - 8:00 pm

\$ Acrylic Painting Class

Learn basic painting techniques while you create your own painting of a lighthouse using acrylic paints. Bring your own 11x14 canvas and 3 brushes (wide flat, medium flat and small round brush).

Instructor: Linda Duff

Register and pay by 7/24

Fee: \$23.00 LR \$15.00

Templeton Senior Center

Activity #: 73004.234

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	7/29	6:00 - 8:30 pm



SPECIAL INTEREST

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	7/11-7/25	9:30 am - 12:30 pm

Canasta

Have fun and exercise your brain as you play this popular card game.

New players and beginners are always welcome.

Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	7/5-7/26	9:30 - 11:30 am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics and news worthy events. Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
W	7/10 & 7/24	10:30 - 11:30 am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are always welcome.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	7/11	10:30 - 11:30 am

Experiencing Africa

Travel with CVCC professor, Dr. Michelle Penner, as she shares her experiences from across the continent of Africa.

Templeton Senior Center

Activity #: 74003.222

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	7/11	10:30 am -12:00 pm

Meet the Author- Kathleen Grissom

Kathleen Grissom shares her inspiration for the writing of her historical fiction work, "The Kitchen House" which is set in the antebellum South.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	7/25	10:30 - 11:30 am

New Chapter Book Group

Discuss a new novel by J. Courtney Sullivan. The *Maine* tells the story of three generations of Kelleher women who find themselves back at their summer home. Each is facing her own secret hardships and challenges. Meet at The Drowsy Poet at Givens Book Store, 2236 Lakeside Dr.

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	7/22	10:00 -11:30 am

Golden Gourmet @ O'Charley's

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous

story or joke to share (optional). Meet at O'Charley's Restaurant, 4042 Wards Rd.

Register by 7/24. Call 455-4115.

<u>Day</u>	<u>Date</u>	<u>Time</u>
F	7/26	11:30 am - 1:30 pm

Gardens of the World - Spain

Travel virtually with Susan Timmons as she shares her experiences at the Generalife Garden and Alhambra Palace while in Grenada, Spain.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	7/30	10:30 - 11:30 am

Just for Fun

Putt Putt Miniature Golf

Enjoy a morning of fun, exercise and friendly competition on the green.

Fee: \$3.00 / 2 Games, Putt Putt Fun Center, 8105 Timberlake Rd



<u>Day</u>	<u>Date</u>	<u>Time</u>
M	7/1-7/29	9:00 -11:00 am

Grand Canyon National Park Video

Take a video journey of the most popular western park. Created by the Colorado River, the Grand Canyon is the largest canyon in the world. Enjoy popcorn and drinks as you view the scenic beauty of this national treasure.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	7/9	10:30 -11:30 am

Patriotic Music with Alan

Enjoy a variety of patriotic music along with other selections as Alan amazes you with his keyboard talent. Be sure to wear your red, white and blue and make it a star spangled day!

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	7/2	10:30 -11:30 am

Balloon Volleyball & Homemade Ice Cream

Get your adrenalin pumping and enjoy some laughs playing balloon volleyball while in a safe seated position. After the game, plan to stay on for a delicious bowl of homemade ice cream as we celebrate **National Ice Cream Month!** Donations appreciated.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	7/16	10:30 -11:30 am

\$ Cook Out Lunch & Corn Hole Fun

Let's take advantage of the beautiful summer weather and enjoy lunch on the patio. Hot dogs, beans, chips and dessert will be served.

Register and pay for lunch by 7/19.

Fee: \$4.00.

Templeton Senior Center

Activity #: 73000.220

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tu	7/23	11:30 am -12:30 pm

BINGO

Bring 2 **UNWRAPPED** gifts to be used for prizes.

Fairview Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	7/31	10:30 - 11:30 am

STAYING HYDRATED

- Drink 8-10 8oz glasses of water daily
- When outdoors or doing physical activity, plan ahead and bring plenty of water.
- Stay away from things like alcohol and salty food because they dehydrate you faster.
- Eat foods with high water content like watermelon, celery, and lettuce.

For more information visit:
www.cdc.gov

Center & Office Location Key		Phone	Days	Hours	Sports & Activities Location Key
DiH- Diamond Hill , 1005 17 th Street		847-1409	2 nd & 4 th Th	11:00 am - 1:00 pm	FHBC - Fort Hill Bowling Center, 6015 Fort Ave.
F- Fairview, 3621 Campbell Ave.		847-1751	M & W & F	9:30 am – 1:00 pm	HUMC – Heritage United Methodist Church, 582 Leesville Road
Main Office- 2704 Concord Turnpike		455-5858	M – F	8:30 am – 5:00 pm	PVP – Peaks View Park, Ardmore Drive entrance
T- Templeton Senior Center, 225 Wiggington Road		455-4115	Tu & Th Additional days as listed	9:30 am - 12:30 pm Additional hours as listed	PPFC -Putt Putt Fun Center, 8105 Timberlake Road JH- Jackson Heights, Art Studio, 720 Winston Ridge Road

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Exercise Video -T 9:30 Advanced Bridge # 4 -T 9:30 Beg. Bridge # 4- T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T		8:15 Yoga Class – T 9:00 Pickleball –Fairview Center-Tennis Courts 9:30 Free Exercise Video & Cards, Games – T 10:30 Patriotic Music w/ Alan -T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 7:00 Writer's Group – F		9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 5-F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T		All City Offices and Centers Closed for the Holiday HAPPY FOURTH OF JULY		9:00 Softball – PVP Field # 1 9:30 Canasta-Cards-Games- T 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 11:30 Fairview Fitness – F	
8		9		10		11		12	
9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Exercise Video -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T		8:15 Yoga Class – T 9:00 Pickleball –Fairview Center-Tennis Courts 9:30 Free Exercise Video & Cards, Games – T 10:30 Grand Canyon National Park Video – T 12:00 Zumba at Noon - T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Painting Made Easy # 1 - T 7:00 Writer's Group - F 7:15 Swing Dance Line Dance # 1-T		9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 6 - F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T		9:30 Free Video Exercise, Cards & Games – T 9:30 Mahjong -T 10:30 Experiencing Africa - T 10:30 Literature for Life -T 11:30 Comprehensive Plan Meeting-T 12:00 Zumba at Noon – T 2:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F		9:00 Softball – PVP Field # 1 9:30 Canasta-Cards-Games- T 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 11:00 Fairview Friends Meeting - F 11:30 Fairview Fitness – F	
15		16		17		18		19	
9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Exercise Video -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T		8:15 Yoga Class – T 9:00 Pickleball –Fairview Center-Tennis Courts 9:30 Free Exercise Video & Cards, Games – T 10:30 Balloon Volleyball & Home Made Ice Cream - T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Painting Made Easy # 2 - T 7:00 Writer's Group - F 7:15 Swing Dance Line Dance # 2 - T		9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T		9:30 Free Video Exercise, Cards & Games – T 9:30 Mahjong -T 12:00 Zumba at Noon – T 2:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F		9:00 Softball – PVP Field # 1 9:30 Canasta-Cards-Games- T 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Recycled Boot Planter – F 11:30 Fairview Fitness – F	
22		23		24		25		26	
9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Exercise Video -T 10:00 New Chapter Book Group - Drowsy Poet 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T		8:15 Yoga Class – T 9:00 Pickleball –Fairview Center-Tennis Courts 9:30 Free Exercise Video & Cards, Games – T 11:30 Cook Out Lunch & Corn Hole Fun - T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Painting Made Easy # 3- T 7:00 Writer's Group – F 7:15 Swing Dance Line Dance # 3 -T		9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 1 - F 10:30 Current Issues and Events – T 11:00 Lunch & Learn: Remain Independent - F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T		9:00 Pickleball – Fairview Center-Tennis Courts ** 9:30 Free Video Exercise, Cards & Games – T 9:30 Mahjong -T 10:30 Meet the Author- Kathleen Grissom – T 12:00 Zumba at Noon – T 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F		9:00 Softball – PVP Field # 1 9:30 Canasta-Cards-Games- T 9:30 Free Video Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 11:30 Fairview Fitness – F 11:30 Golden Gourmet @ O'Charley's	
29		30		31					
9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Exercise Video -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Lighthouse Painting Class- T		8:15 Yoga Class – T 9:00 Pickleball –Fairview Center-Tennis Courts 9:30 Free Exercise Video & Cards, Games – T 10:30 Gardens of the World – Spain -T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Painting Made Easy # 4 - T 7:00 Writer's Group - F 7:15 Swing Dance Line Dance # 4 - T		9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Bingo – F 10:30 Line Dance # 2 - F 11:30 Fairview Fitness – F 1:00 Cornhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T		May we celebrate that precious freedom For which our forebears fought so bravely... The freedom that is inherent In the Stars and Stripes, our revered flag... Celebrate Freedom this Fourth of July!			

- 1 Rachel Wooldridge

2 Jean Cunningham

3 Rebecca Wilkes

Juanita Stone

Gloria Young

Pat Torrence

4 Evelyn Harris

Sherry Bell

Myra Joy Simon

Pam Helm

Carol Barclay

5 Georgia Thistle

Beverly Hopkins

Loretta Hatcher

Sue Downs-Loyd

7 Cathleen Page

Vernie Beahm

Ada Rucker

Terrell Newman

Kevin Tucker

Stephen Campbell

Margaret Kurisky

8 Helen Booth

Vivian Brown

Ginny Haskins

9 Kristin Jo Freed

Patricia Ivory

10 Sue Cary

Ann Buss

Dolly Pugh

Betty Moses

Carol Baker

11 Gracie Tinsley

Linda Evans

Frances Rucker

Sonny Wright

12 Marjorie Stone

Dick DeMars

13 Katy Cheatham

Sharon Jennings

Thomas White

Frances Vest

15 Dorothy Blosser

Annie Pinn

Marianna Smith

David Schmidt

Gwendolyn Burford

Chris Lauchman

16 Beverley Wilson

Shirley Cunningham

Bland Johnson

Sandra M Davis

17 Ted Brenig

Carol Willis
- 19 Marylou Cox

Betty Whitmore

Mary Wranek

Kristy Milton

20 Evelyn Saunders

Janet Cofer

James Newland Sr

Josephine Woods

21 June Hamlett

Don Wechsler

Joe Lindsoe

22 Peggy Harris

Leslie Roberts

Ruth Brenig

Sam Crowder

Macon Smith

Ann Gray

Pat Staples

Terry Garner

Erin Jones

23 Mildred Price

Anne Venable

Margaret Myers

24 Clyde Emswiler

Bernice Davis

Mattie Robenson

Bert Wilson

Fay Bartley

Mary Kitty Robertson

Jean Jones

Antonio Barbaro

Bonnie Clark

Cuthbert Wilson

Leighton Robertson

25 Gary Ayers

Donald Werner

28 Corine McGeoch

Mae Louise Moser

Ellen Wright

Sherwood Newton

29 Gloria McDaniel

Sallie Thompson

Beverly Torode

Glenn Wilson

Merle Mead

Richard Torode

Antal Solyom

30 Peggy Ferguson

John Collins

George Nolley

31 James Scott

Kyle Merrick



Register online for activities and classes. To set-up your “User Account” go to: www.lynchburgva.gov/parksandrec click on [Register Online](#).

Health and Fitness

FREE Video Exercise Class

Exercise is a great way to look and feel better. Stop by the Center and check out this 45-minute workout. You'll be surprised how beneficial this video chair exercise program can be! No class 7/4.

Templeton Senior Center

Days	Dates	Time
M, Tu, Th & F	7/1-7/30	9:30 - 10:15 am

\$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor.

Instructor: Jan Baker

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

Activity #: 63300.230

Days	Dates	Time
M, W & F	7/1-7/31	11:30 am - 12:20 pm

\$ Zumba-Exercise Class

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms.

Instructor: Kirsten Eubank

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74208.230

Days	Dates	Time
M & W	7/1-7/31	5:00 – 5:45 pm

\$ Zumba at Noon

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Zumba incorporates a great cardio workout with Latin rhythms and easy to follow moves. No class on 7/4.

Register and pay monthly.

Instructor: Gwen Hooks

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74208.230

Days	Dates	Time
Tu & Th	7/2-7/30	12:00 - 12:45 pm

\$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74203.230

Days	Dates	Time
Tu	7/2-7/30	8:15 - 9:05 am



\$ Sculpt and Tone

This exercise class begins with a great cardio workout then focuses on trimming and toning using weights, bands, steps, and mats.

No class 7/4.

Instructor: Carrie Joshlyn

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Templeton Senior Center

Activity #: 74209.230

Days	Dates	Time
Tu & Th	7/2-7/30	6:00 - 7:00 pm

\$ Zumba Fitness @ Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim. No Class 7/4.

Instructor: Kirsten Eubank

Register and pay monthly.

Fee: \$33.00 LR \$22.00

Fairview Center

Activity #: 63300.230

Days	Dates	Time
Tu & Th	7/2-7/30	6:00 – 6:45 pm

Sports

Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center

6015 Fort Avenue



Days	Dates	Time
Tu	7/2-7/30	1:00 - 3:00 pm

\$ Pickleball

One activity, two great locations!

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and

table tennis. Enjoy outdoor play at

the tennis courts at the Fairview

Center on Tuesdays from 9:00 -

11:00 am. Thursday play remains

at Heritage United Methodist

Church Gym from 2:00 - 5:00 pm.

Register and pay monthly on site.

No Pickleball on 7/4. **Meet at

Fairview on 7/25 from 9:00 - 11:00 am.

Fee: \$10.00

Heritage United Methodist Church

Gym, 582 Leesville Road

Fairview Center tennis courts,

3621 Campbell Ave.

Activity #: 74206.230

Days	Dates	Time	Location
Tu	7/2-7/30	9:00 - 11:00 am	Fairview
Th	7/11-7/25	2:00 - 5:00 pm	HUMC

\$ Softball

Join other softball enthusiasts, stay in shape, and have fun while enjoying some friendly competition.

Co-ed.

All skill levels are welcome.

Register and pay monthly.

Fee: \$10.00

Peaks View Park, Field # 1

Activity #: 73702.230

Days	Dates	Time
W&F	7/3-7/31	9:00 - 11:00 am

Be our guest...

Try out a Fitness Class for FREE and see if it is the right class for you.

Invite a friend to join you and you can experience fun and fitness together!

Create & Craft

Ongoing Ceramics @ Fairview

Create one of kind ceramic pieces to keep or give as gifts. Basic supplies are available. Additional cost for individual green ware pieces. Check with Jamey. Club Fee: \$5.00 Register and pay monthly.

Days	Dates	Time
W & F	7/3-7/31	9:30 – 11:30 am

\$ Recycled Boot Planter

Transform an old boot into a conversation piece! Plants, soil and plastic provided. Participants should bring their own boot!

Register and pay by 7/17.

Fee \$3.00.

Fairview Center

Activity #: 63600.230

Day	Date	Time
F	7/19	10:30 -11:15 am

Are You a Crafter?

If you have a particular interest or talent to share, please let us know. We are always looking for new and different ideas to share with our participants. Give us a call at 455-4115.



Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by \$) a completed registration form must accompany your payment. You may complete the form on this page and send it along with your payment to:

Lynchburg Parks & Recreation
Templeton Center
225 Wigginton Road
Lynchburg, VA 24501

Registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers.

Lynchburg Parks and Recreation



MAIL - IN REGISTRATION & PAYMENT FORM

For classes & activities that require advance registration & payment
Make checks payable to: City of Lynchburg

Name: _____

City of Lynchburg Resident: () Yes () No

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Activity Title	Start Date	Activity Number	Fee or Lynchburg Resident \$\$
			Total \$

Liability & 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks and Recreation Department, I hereby release and save harmless the City of Lynchburg, its officers and employees from all actions, cause of actions, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known and unknown incurred by participation in this/these activity(s).

In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.



Signature of participant, parent, or legal guardian (Required)

Photo Release

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and web use.

I, the undersigned, have read this release and understand all of its terms.



Signature of participant, parent, or legal guardian

Congratulations to Helen Booth



Helen was recently recognized as the local winner of the Home Instead Senior Care ***Salute to Senior Service Contest*** for her volunteer service to Lynchburg Parks and Recreation. Over the last 27+ years Helen has demonstrated that she has a

huge heart for service and is happy to do whatever she can for the senior population in Lynchburg and surrounding communities. At the Fairview Center, she volunteers in our ceramics room, as well as serving as President of the Fairview Friends Club. Helen also served for 10 years on the 50 Plus Advisory Council. This is a lady who has dedicated her time helping others. Both staff and participants truly appreciate Helen's work and rely on her for a helping hand. Helen lives the attitude, "if you sit still, you'll rust", so she continually promotes staying involved in activities. Even after hip replacement and knee surgery, she continues to serve.

On behalf of all us who have benefited from your years of volunteer service, we say "Thank you"!

Newsletter Donations

Over 800 copies are printed each month for distribution at designated locations.

Every donation to the newsletter fund helps to ensure the continuation of the *Fifty-Plus* newsletter.



225 Wigginton Road, 455-4115



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- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central Virginia Area Agency on Aging 12th & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices

Lynchburg Parks & Recreation

www.lynchburgva.gov/parksandrec

2704 Concord Turnpike
Lynchburg, Virginia

434-455-5858

City Wide Program Staff

Allyson McSwain,
Supervisor, City-Wide Centers
455-5837

Lynn Fox, Senior Recreation Specialist
455-4115 Templeton Senior Center

Marsha Berry, Recreation Specialist
455-4115 Templeton Senior Center

Tamara Reynolds, Recreation Specialist
455-4115 Templeton Senior Center

Jamey Love, Recreation Specialist
847-1751 Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.